

2020 FOND DU LAC COUNTY Community Health Survey

About the Survey

What is the Community Health Survey?

The community health survey is a mail survey that gathered data on behavioral and lifestyle habits, and presence of health conditions among the Fond du Lac County adult population in 2020. This **survey is one source of data** that helps identify top health needs in the county as part of a larger community health assessment.

What do the results mean to me?

The survey results provide a snap shot of health in our community. This document highlights preliminary key findings on the health of our community. As a resident of Fond du Lac County, **we want to hear from you** about your thoughts on top health concerns and experiences in your community.

Where can I provide my feedback?

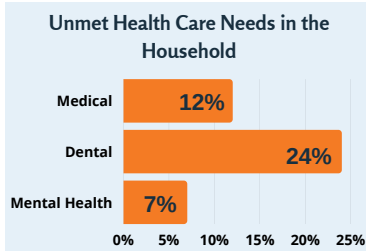
Tell us what you see as the most pressing health concerns and challenges to health and wellbeing in the community by taking the Priority Health Issues Survey. We want to hear your voice.

Survey Key Findings



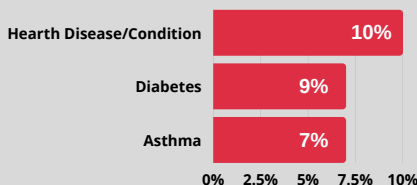
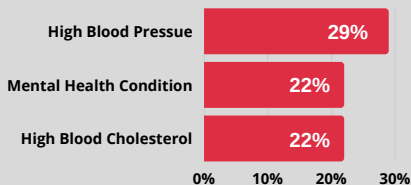
UNMET HEALTH CARE NEEDS

About **1 in 4** adults reported at least **1 unmet care** in their household



HEALTH CONDITIONS

Adults reported having the following health conditions in the past 3 years:



PHYSICAL ACTIVITY

About **half** of adults reported **meeting aerobic physical activity** guidelines*



OVERWEIGHT AND OBESITY

3 in 4 adults were classified as at least **overweight****
Nearly 1 in 3 students were classified as at least **overweight****



*30 minutes of moderate activity/ 5 times a week or 20 minutes of vigorous physical activity/ 3 times a week

**Body Mass Index greater than or equal to 25.0. BMI is calculated by using kilograms/meter².

Fond du Lac County Community Health Survey

2020 Key Findings



MENTAL HEALTH



About **2 in 15**



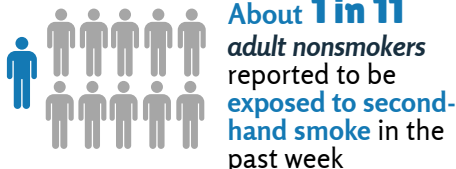
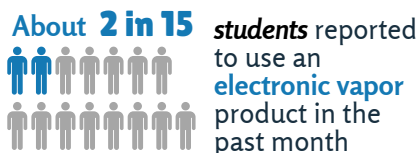
ALCOHOL USE



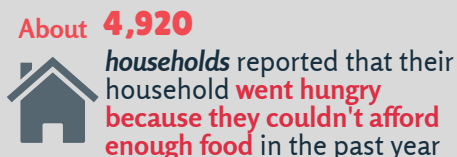
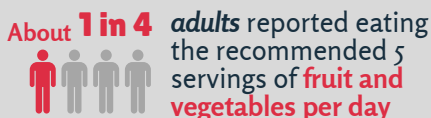
*binge drinking was defined as 4 or more drinks on an occasion for females and 5 or more on occasion for males.



TOBACCO AND E-CIGARETTES



NUTRITION AND ACCESS TO FOOD



10

TOP 10 COUNTY HEALTH ISSUES REPORTED

Survey respondents were asked to name the 3 largest health concerns in the county. Below are the top ten responses, listed in order from most frequently named to least.

1. Illegal Drug Use
2. Coronavirus/COVID-19
3. Affordable Health Care
4. Violence or Crime
5. Mental Health or Depression
6. Overweight or Obesity
7. Alcohol Use or Abuse
8. Access to Health Care
9. Access to Affordable Healthy Food
10. Cancer

Sources:

- 1 2020 Fond du Lac County Student Health Experiences and Attitudes Survey Report. JKV Research, LLC.
- 2 2020 Fond du Lac County Community Health Survey Report. JKV Research, LLC.